

**ABSTRACT**

This invention includes a system for teaching and learning a preferred ergonomic motion. The system includes a video camera for capturing successive images of a person executing an ergonomic motion. The system includes a threshold definition system that allows a user to define a spatial region of the video image through which motion should or should not interfere. If the spatial region is interfered, the system actuates an alarm, thereby providing feedback so the user may alter the technique of the next attempted motion. In one preferred embodiment, the system is used in teaching a golfer to execute a preferred golf swing. The golfer adjusts the spatial region to define a space through which neither the golfer's body nor club should pass. If the spatial region is intruded upon, an alarm is actuated. For example, the golfer may define the region such that if the club moves off plane during a swing, a tee removal system causes the ball to disappear. In this manner, the golfer is only able to hit the ball when the club stays on plane. The invention works with reverse logic as well, and may equally be applied to any number of ergonomic activities.